the Y IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | November 2026



November is National Diabetes Month, a great time to learn about your risk for type 2 diabetes and discover how everyday habits can support your long-term health. Balanced meals, regular physical activity, a healthy weight, and regular health screenings can all help prevent diabetes.

The YMCA offers a Diabetes Prevention Program designed to help adults make realistic, lasting lifestyle changes with support from a group and a trained lifestyle coach. You don't have to change everything at once; small steps can lead to meaningful progress!

Did you know

The Y offers nutrition services to help you feel your best. Whether you're looking to improve your eating habits, manage a chronic condition, or simply learn more about balanced nutrition, support is available to help you reach your goals.
Individual Consultations starting at $66!

Reach out to knapoleon@fcymca.org or myhealth@fcymca.org for more information

Healthy Eating This Thanksgiving

Thanksgiving is all about enjoying good food and time with loved ones! Healthy eating doesn't mean giving up your favorite holiday dishes. Try these simple tips to feel your best:

- Add color: Include fruits and vegetables on your plate.
- Savor your favorites: Enjoy the foods you love without guilt.
- Stay hydrated: Choose water throughout the day.
- Practice balance: Start with comfortable portions and listen to your hunger cues.
- Keep moving: Take a relaxing walk with family or friends after your meal.

Remember, balance is key to a healthy lifestyle. Enjoy the holiday and make room for the traditions you love!

Reach out to myhealth@fcymca.org or visit the front desk for more information!



ST. AUGUSTINE YMCA
500 Pope Road / 904.471.9622
WEST AUGUSTINE YMCA
938 West King Street / 904.856.9622

NOVEMBER 2026
Events and Activities

Awhitney@fcymca.org MCulpepper@fcymca.org

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app or online at fcymca.org.

National Stress Awareness Day

Wednesday, November 4th, 9:30 - 10:30 am, in the Lobby

Join us as we recognize National Stress Awareness Day! Take a moment to slow down, relax, and focus on your well-being. Manage stress and bring a little more peace and positivity into your everyday life.

Walking Club

Every Thursday, 7:30 - 8:15 am, meet in the Lobby

Join Dawn every Thursday to enjoy a walk to the pier and a view of the beach!

Senior Cycle Class with Lori

Tuesdays, November 10th and November 24th, 1:30 - 2:15 pm in the Cycle Room

Pedal your way to better health! Join our Senior Cycling Class for a fun, low-impact cardio workout designed to improve cardiovascular health, build endurance, strengthen leg muscles, and boost overall energy. Whether you're a beginner or an experienced rider, this class is a great way to keep moving!

National Parfait Day

Wednesday, November 25th, 9:30 - 10:30 am, at the outdoor patio

Join us for a fun family morning celebrating National Parfait Day! Bring your grandchildren or just yourself and create your own yogurt parfait with various toppings. Experience conversation, creativity, and connection as we make healthy family memories.

Author Spotlight: A Story Worth Sharing

Wednesday, November 11th, 2:30 - 3:00 pm, in Studio A

Join us for a special opportunity to hear from one of our own staff, Cass, as he shares the story behind the book he wrote. Discover the inspiration, experiences, and journey that brought his book to life in this engaging and personal presentation. Come listen, ask questions and be inspired by his story!

National Eat a Cranberry Day

Monday, November 23rd, 9:30 - 10:30 am, in the Lobby

Join us as we celebrate this little red berry and its big benefits! Learn fun facts about cranberries, discover their nutritional benefits, and enjoy a little cranberry-inspired fun with friends. It's a berry good way to add some flavor and fun to your day!

Birthday Celebration

Monday, November 30th, 9:30 - 10:30 am, in the Lobby

Please join us in celebrating your or someone else's birthday for the month of November.

Events at WEST AUGUSTINE YMCA (King Street)

Mahjong

Every Wednesday, 12:30 - 3:30 pm, Wellness Room

Let's get ready for some Mahjong!